

Contact:
Melissa Kaplan
Associate Publicist
Crown Publishing Group/Random House, Inc.
1745 Broadway
New York, NY 10019
Ph: 212.572.2098
Fax: 212.940.7868
mkaplan@randomhouse.com

For Immediate Release

Little Sugar Addicts Offers New Hope for Parents

August, 2004 – They don't need drugs or discipline, they need food.

“Sugar is NOT Love,” says Kathleen DesMaisons, Ph.D., author of a groundbreaking exploration of new solutions for parents In *Little Sugar Addicts*.

“Fix the food and change your children.”

Little Sugar Addicts (Three Rivers Press, August, 2004) explains why sweet, smart children can be impossibly moody or have temper tantrums for no reason. Dr. Kathleen DesMaisons knows those bright, talented kids who cannot pay attention or who

have low self esteem. The problem is not growing pains or teen angst or ADD, but sugar sensitivity and a diet high in sugar and junk food.

All the sugar the kids are eating and drinking in soda acts like a drug in the brain affecting the same receptors as morphine or heroin. When sugar intake drops, the result is withdrawal: mood swings, anxiety, inability to focus and depression. Children get a double whammy because they are smaller and the drug dose hits them more. Most parents sense that diet affects their children but have no idea how much of what they think is “bad” behavior is diet induced.

DesMaisons, the author of the groundbreaking book, *Potatoes Not Prozac*, offers a breakthrough for both parents and children, by providing a simple and easy-to-follow nutritional program for ending the problems.

She outlines what causes sugar sensitivity, and how to heal it. Unlike other books that say to just take your kids off sugar, DesMaisons provides seven steps for children to heal the brain first and create a complete buy-in from even the most resistant child. She is funny, compassionate, and informed. The book is filled with testimonials from parents whose

children have been transformed by her program.

To request a review copy of *Little Sugar Addicts*, please fax or email your request through Three Rivers Press to 212.940.7868 or to mkaplan@randomhouse.com

For more information, visit www.littlesugaraddicts.com/press_room

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